

Book 34

68

Herbal medicine continued

~~20~~ 20/8/2023 - Part 3

1. My ~~personal~~ ^{Bismillahirrahmaanirrahheem} advise would be to pray always, and also ~~in~~ before you consume any new food, as only Allah knows what is beneficial for us, and at what time

wa Allahu A'lam

~~Al~~ Alhamdulillah

wa! Salaatu was Salaam
alaa Rasuulillah